



Florida WIC Foods



March 2014



Whole Grains

100% Whole Wheat Bread

16 oz (1 lb) loaf only. Allowed items are only those listed.

No added ingredients such as raisins, other dried fruits, or nuts.

- Bimbo 100% Whole Wheat
- Cobblestone Mill 100% Whole Wheat
- Merita Country Whole Grains 100% Whole Wheat
- Nature's Own 100% Whole Grain Wheat Sugar Free
- Nature's Own 100% Whole Wheat with Honey
- Pepperidge Farm Stone Ground 100% Whole Wheat
- Pepperidge Farm Very Thin 100% Whole Wheat
- Roman Meal Sungrain 100% Whole Wheat
- Sara Lee Classic 100% Whole Wheat
- Wonder 100% Whole Wheat



Store Brands of 16 oz (1 lb) 100% Whole Wheat Bread:

- Best Yet
- Essential Everyday
- Hannaford
- MyEssentials
- Our Family
- ShurFresh



Corn Tortillas

16 oz (1 lb) bag only.

No flour or wheat tortillas.

No taco shells or tortilla chips.

Allowed items are only those listed.

- Celia's Corn Tortillas
- Chi-Chi's White Corn Tortillas
- Don Pancho White Corn Tortillas
- Guerrero Corn Tortillas
- La Autentica Corn Tortillas
- La Banderita Corn Tortillas
- La Burrita Yellow Corn Tortillas
- La Guera White Corn Tortillas
- La Real Corn Tortillas
- Mission Extra Thin Yellow Corn Tortillas



- Mi Tia Corn Tortillas
- Pepito Corn Tortillas

Store Brands:

- Carlita Corn Tortillas
- ShurFresh Corn Tortillas
- Winn Dixie Corn Tortillas

Brown Rice

ANY BRAND

14 to 16 oz (1 lb) bag or box.

Regular, Instant, or Boil-in-Bag

No white rice or wild rice.

No added ingredients such as seasonings.

No rice in jars. No frozen rice.



100% Fruit Juice

Children receive juice in 64 oz bottles (btl), cartons, or jugs.

A gallon size (128 oz) bottle of juice will count as 2 (two) 64 oz bottles.

A 16 oz can of juice concentrate can be bought instead of a 64 oz bottle.

Women receive juice in 48 oz bottles (btl). A 96 oz bottle of juice will count as 2 (two) 48 oz bottles. An 11.5 oz or 12 oz can of juice concentrate can be bought instead of a 48 oz bottle.

Apple, Grape, Pineapple, and White Grape Juices must be labeled as 120% or more vitamin C per 8 oz serving. Calcium fortified is allowed unless otherwise noted below.

No added sugar or syrup. No juice drinks, beverages, cocktails, or "light" juice. No juice blends.

◆ **Must buy the LEAST EXPENSIVE AVAILABLE of the size and flavor of refrigerated juice and frozen juice selected by the WIC customer.** May buy juice that has added calcium, vitamin D, and pulp as long as it is the least expensive of that size and flavor.

Plastic Bottles or Jugs

ANY BRAND 48 oz, 64 oz, 96 oz, and Gallon (128 oz) sizes.

Apple is the only allowed flavor of Juicy Juice. Note: Juicy Juice Grape, White Grape, and other flavors of Juicy Juice are not allowed because they are juice blends.



- Apple
- Grape
- Orange
- Pineapple
- White Grape
- White Grapefruit

No Apple Cider or Natural Apple Juice. No Kedem Juice. No Welch's 96 oz size. No Welch's with Fiber or with Calcium.

Refrigerated Plastic Jugs or Cartons

◆ **You must buy the store's declared**

LEAST EXPENSIVE BRAND when available.



Gallon (128 oz)

- ◆ Orange

Half-gallon (64 oz)

- ◆ Orange
- ◆ Pink Grapefruit
- ◆ Ruby Red Grapefruit
- ◆ White Grapefruit

Frozen Concentrate

◆ **You must buy the store's declared**

LEAST EXPENSIVE BRAND when available.

11.5 oz, 12 oz, and 16 oz sizes. Note: 11.5 oz and 12 oz sizes are considered to be the same size when comparing prices.

- ◆ Apple
- ◆ Grape
- ◆ Orange
- ◆ Pineapple
- ◆ White Grape
- ◆ White Grapefruit



Non-Frozen Concentrate

ANY BRAND shown below:

11.5 oz size.



- Welch's Apple
- Welch's Grape



Welch's frozen and non-frozen concentrate must have yellow top.

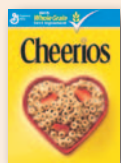
Breakfast Cereal

11 to 36 oz box or bag. Allowed items are only those listed.

No other sizes, flavors, or varieties are allowed.

Cereals with ★ contain 51% or more whole grain.

General Mills



■ Cheerios ★



■ Dulce de Leche
Cheerios ★



■ MultiGrain
Cheerios ★



■ Dora
the Explorer



■ Corn Chex
Gluten Free



■ Rice Chex
Gluten Free



■ Berry Berry Kix ★

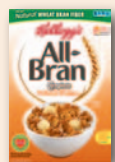


■ Honey Kix ★



■ Kix ★

Kellogg's



■ All Bran
Complete
Wheat Flakes ★



■ Corn
Flakes



■ Rice
Krispies



■ Rice Krispies
Gluten Free



■ Special K
Protein



■ Scooby-
Doo ★



■ Mini-Wheats
Unfrosted ★



■ Original ★



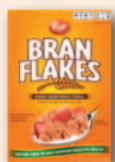
■ Little
Bites
Original ★



■ Touch of Fruit
in the Middle
Mixed Berry ★

Frosted Mini-Wheats

Post



■ Bran
Flakes ★



■ Grape-Nuts ★



■ Grape-Nuts
Flakes ★



■ Honey Bunches
of Oats Vanilla
Bunches ★



■ Honey Nut
Shredded
Wheat ★

Malt-o-Meal



■ Crispy
Rice



■ Malt-o-Meal
Original
Hot Wheat

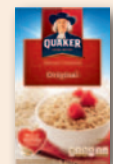


■ Farina Mills
Original
Hot Wheat
Farina

Quaker



■ Instant
Grits
Original ★



■ Instant
Oatmeal
Original ★



■ Life
Original ★



■ Oatmeal
Squares
Brown Sugar ★



■ Oatmeal
Squares
Cinnamon ★



■ Blueberry
Mini
Spooners ★



■ Frosted
Mini
Spooners ★



■ Strawberry Cream
Mini
Spooners ★

Any Store Brand or Ralston Foods Brand of the following:

- Bran Flakes ★
- Corn Flakes
- Crisp or Crispy Rice
- Crunchy Nuggets ★
- Crunchy Wheat ★
- Crunchy Wheat & Barley ★
- Frosted Shredded Wheat ★
- Frosted Strawberry or Strawberry Cream Shredded Wheat ★
- Frosted Wheat ★
- Happy O's ★
- Instant Grits Original
- Instant Oatmeal Original or Regular ★
- Krunch Nutties ★
- Multi-Grain Flakes
- Nutty Nuggets ★
- Rice or Corn Crisps
- Rice or Corn Biscuits
- Rice or Corn Squares
- Square-Shaped Rice or Corn
- Tasteos ★
- Toasted Corn
- Toasted Oats ★
- Toasted Rice (no flakes)
- Toasted Rollin' Oats ★
- Toasted Wheat ★
- Toasted Whole Grain Oat ★
- Wheat Biscuits ★
- Wheat & Crunchy ★
- Wheat Crisps ★
- Wheat Flakes
- Wheat Squares ★

B & G Foods

Cream of Wheat



■ Instant Healthy
Grain Original ★



■ Whole
Grain ★

Happy Mornings



- Apple Cinnamon Toasted Oats ★
- Corn Flakes ★
- Crisp Rice
- Frosted Shredded Wheat ★
- Happy Hoops ★
- Honey Nut Happy Hoops ★
- Instant Cream of Corn
- Instant Oatmeal Regular ★

Keep track of the cereal balance left on your WIC EBT card. Plan your cereal purchase so you are able to use all of the ounces (oz) for the month. If you buy 12, 18, 24, and 36 oz sizes of cereals, you will be more likely to use all of your cereal ounces.

Milk

◆ You must buy the store's declared **LEAST EXPENSIVE BRAND** when available.

Your shopping list will state the allowed fat level, quantity, size, and type of milk that you may purchase.

May buy calcium fortified/enriched milk or milk with probiotics such as acidophilus or bifidus if it is the LEAST EXPENSIVE AVAILABLE of that size and fat level.

No goat's milk, nut milk, rice milk, or other grain milks.
No flavored milk, kefir, or buttermilk.

Whole Milk (for children 1 year of age)

1% Lowfat or Fat Free Milk (for women and children 2 years of age and older)

2% Reduced Fat Milk (under special circumstances for women and children 2 years of age and older)

Refrigerated milk

◆ Gallon = gal ◆ Half-gallon = hgl ◆ Quart = qt



The following types of milk may only be purchased when listed on the shopping list:



◆ **Evaporated milk**

12 oz can evaporated milk (whole)
12 oz can fat free evaporated milk (skim)
No filled milk. No "2% lowfat" evaporated milk.

◆ **UHT Milk** in quart size (32 oz)

◆ **Lactose Free Milk**

Half-gallon = 0.50 gal
96 oz = 0.75 gal
Quart = 0.25 gal

◆ **Nonfat Dry Milk**

3.2 oz pouch (makes 1 qt) = 0.25 gal
9.6 oz box/pouch (makes 3 qt) = 0.75 gal
16 oz box (makes 5 qt) = 1.25 gal
25.6 oz box/pouch (makes 8 qt) = 2.00 gal
32 oz box (makes 10 qt) = 2.50 gal
64 oz box (makes 20 qt) = 5.00 gal



8th Continent Soymilk Original

Half-gallon (hgl) carton only
No fat free or light.

No vanilla, chocolate, or other flavors.
No other brands of soy milk or soy-based beverages are allowed.

Cheese

◆ You must buy the store's declared **LEAST EXPENSIVE BRAND** when available.

Allowed items are only those listed.

No cheese product or cheese food. No other sizes, flavors, or varieties.



◆ **Deluxe American Slices** 16 oz (1 lb) package only.

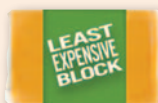
No individually-wrapped slices (also known as "Singles"). No 2% reduced fat American.

◆ **Mild Cheddar** 16 oz (1 lb) block only.

No 2% reduced fat, fat free or white Cheddar.

◆ **Part Skim Mozzarella** 16 oz (1 lb) block or round only.

No whole milk or fat free Mozzarella.



Fruits and Vegetables



Fresh

- ◆ **ANY BRAND**, variety, size, or mixture of fresh fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, or oil.
- ◆ Whole or cut up.
- ◆ Loose or packed in bags or plastic containers.
- ◆ Fresh garlic, onions, scallions, cassava, and yuca are allowed.

Canned (also includes plastic or glass containers)

- ◆ **ANY BRAND**, variety, size, or mixture of canned fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, oil, or meat.
- ◆ Canned fruit must be packed in water or fruit juice and may not have added salt.
- ◆ Canned vegetables may be with or without salt and may have added seasonings or spices.
- ◆ Applesauce with no sugar added and applesauce/fruit blends with no sugar added.
- ◆ Tomato sauce, tomato paste, whole tomatoes, crushed tomatoes, diced tomatoes, and salsa with no added sugar, syrup, artificial sweeteners, fat, oil, or meat.
- ◆ Canned beans and peas such as green peas, green beans, wax beans, snap beans, and snap peas are allowed. *Note: Canned green peas and whole kernel corn may have added sugar. Mixed vegetables may include any type of bean, but no potatoes except yams and sweet potatoes.*

Frozen

- ◆ **ANY BRAND**, variety, size, or mixture of frozen fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, oil, meat, pasta, rice, or sauce. Frozen vegetables may be with or without salt.
- ◆ Any frozen beans or peas such as lima beans and blackeye peas are allowed.

NO POTATOES except yams (camotes/ñames/boniatos) and sweet potatoes (batatas) are allowed.

No items from the salad bar, party trays, or fruit baskets.

No decorative fruits or vegetables, painted pumpkins, or gourds.

No herbs and spices. No minced garlic in jars. No ginger root.

No edible blossoms, flowers, or plants.

No dried or dehydrated fruits or vegetables.

No baby and toddler fruits and vegetables.

No pouches of fruit purees or fruit pulps. No frozen fruit bars.

No beverages such as fruit juice, tomato juice, and vegetable juice.

No nuts, coconuts, or fruit-nut mixtures.

No ketchup, relishes, pickles, olives, sauerkraut, or mustard.

No jelly, jams, fruit preserves, or apple butter.

No dry or canned beans/peas that are allowed in Bean category.

If the total price of the allowed fruits and vegetables selected by the WIC customer is more than the dollar limit of **Fruits and Vegetables**, the customer can choose to pay the difference in cash or another form of acceptable payment at check-out time. Or, the WIC customer can remove some of the fruits and vegetables from the purchase so that the cost is less than or equal to the dollar limit. If the dollar amount of the purchase is less than the dollar limit, no change is to be given to the WIC customer.

Organic products are not allowed with any WIC purchases except when buying Fruits and Vegetables.

When added sugar or syrup is not allowed, this includes: sugar, sucrose, corn syrup, high-fructose corn syrup, maltose, dextrose, honey, and maple syrup. When added artificial sweeteners are not allowed, they include: Splenda®, NutraSweet®, Equal®, aspartame, saccharin, sucralose, and acesulfame-K.

Baby Foods

Allowed items are only those listed.



Baby Cereal

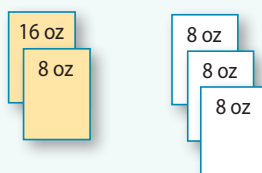
8 oz or 16 oz box or plastic container.

Beech-Nut, Beech-Nut/Goya, Gerber, Home 360 Baby, Kuddles, Parent's Choice, Up & Up

- Barley ■ Corn ■ Multigrain ■ Oatmeal
- Rice ■ Wheat ■ Whole Wheat

No added ingredients such as fruit, formula, yogurt, or DHA.

Examples of how to buy 24 oz baby cereal:



Baby Fruits and Vegetables

Any "Stage 2, 2½, 3" or "2nd or 3rd Foods" fruits, vegetables, or fruit & vegetable combinations in these sizes and brands:



4 oz jar, 6 oz jar, 7 oz package or 8 oz package:

Beech-Nut, Beech-Nut/Goya, Gerber, Home 360 Baby, Kuddles, Parent's Choice, Up & Up

No added ingredients such as DHA, sugars, starches, salt, sodium, meat, poultry, cereal, noodles, rice, yogurt, raisins, or granola. No desserts, dinners, casseroles, or smoothies. No toddler foods. No Gerber SmartNourish. No pouches.

You can buy your baby fruits and vegetables with any combination of packages or jars that add up to the total ounces (oz) you receive per month. Here are some examples of how to buy 128 oz:

32 - 4 oz jars **OR** 16 - 8 oz packages **OR** 20 - 6 oz jars and 2 - 4 oz jars **OR** 16 - 7 oz packages and 4 - 4 oz jars. If you receive 256 oz per month, then you can double these amounts.

Baby Meats

For breastfed babies who receive no formula from WIC.

2.5 oz jar only.

Beech-Nut, Beech-Nut/Goya, and Gerber

- Beef & Beef Broth/Gravy
- Chicken & Chicken Broth/Gravy
- Ham & Ham Gravy
- Turkey & Turkey Broth/Gravy

No meat sticks.



Eggs

◆ You must buy the store's declared **LEAST EXPENSIVE BRAND** when available.
1 dozen (doz) large, white, chicken eggs.

No specialty or low cholesterol eggs.
No brown eggs.



Peanut Butter

16 to 18 oz jar only. Allowed items are only those listed.

- **Any Store Brand** Creamy, Crunchy, Chunky, Extra Crunchy, Super Chunk, or Natural
- **Jif** Creamy or Extra Crunchy
- **Peter Pan** Creamy or Crunchy
- **Planter's** Creamy or Crunchy
- **Reese's** Creamy
- **Skippy** Creamy or Super Chunk
- **Smart Balance** Creamy or Chunky
- **Smucker's Natural** Creamy or Chunky



No spreads, whipped, or reduced fat. No Peter Pan Plus, Jif Omega 3, or Simply Jif. No Natural Jif, Peter Pan, or Skippy (these are spreads). No added artificial sweeteners, honey, marshmallow, chocolate, or jelly.

Light Tuna & Pink Salmon

For women who are fully breastfeeding or pregnant with more than one baby.

5 to 14.75 oz can only.

ANY BRAND light tuna and/or pink salmon packed in water, spring water, or oil.

No white or albacore tuna. No sockeye or red salmon. No pouches. No olive oil, lemon, flavored, gourmet, smoked, grilled, blackened, or added ingredients. No low or less sodium.



Beans

For each bag of beans on your EBT card, you can buy either a 16 oz bag of dry beans **OR** 4 (four) 15 to 16 oz cans of beans.

Each can of beans counts as 0.25 bag.

1.00 bag = 4 cans 0.50 bag = 2 cans

0.75 bag = 3 cans 0.25 bag = 1 can

Examples of beans include, but are not limited to: black beans, blackeye peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, lima beans, navy beans, pink beans, pinto beans, pigeon peas, red beans, soybeans, split peas, and white beans.

Dry Beans 16 oz (1 lb) bag only.

ANY BRAND is allowed.

No smaller sizes. No flavored, seasoned, gourmet, or soup mixes.



Canned Beans 15 to 16 oz can only.

ANY BRAND is allowed. May be with salt or reduced sodium. May have added sugar, syrup, or dextrose. No canned green peas, green beans, wax beans, or snap beans. No soups. No chili beans, seasoned beans, refried beans, or baked beans. No added meat, fat, oil, or artificial sweeteners.



At the store, always have:

1. Your WIC EBT card
2. The Florida WIC Foods pamphlet
3. The WIC EBT shopping list
4. Most recent store receipt from a WIC EBT purchase

At the bottom of the store receipt you will see how much food is left on your card for the current month.

EXAMPLE Bottom of Store Receipt from WIC Purchase		
QTY	UNITS	DESCRIPTION
1.00	lb	Cheese 16 oz package
2.00	doz	Large White Eggs
72.00	oz	Breakfast Cereal
2.00	jar	Peanut Butter
2.00	lb	Whole Grains
4.00	gal	1% or Fat Free Milk
4.00	btl	Juice 64oz (128 oz=2)
12.00	\$\$\$	Fruits + Vegetables
***** CARDHOLDER COPY *****		

WIC EBT Customer Service
1.866.629.1095 OR
www.FloridaWIC.org

Call the toll-free number or visit the website:

- If you lose your WIC EBT card
- If you forget your 4-digit secret PIN
- If you do not know what foods are available on your WIC EBT card
- If your card won't work
- If you have other questions

Florida Department of Health
WIC Program
1.800.342.3556

■ Cashiers must honor all store or manufacturer promotions such as buy one, get one free; buy one, get one at a reduced price; manufacturer cents-off coupons; and store savings card or customer reward card presented by the WIC customer. If a cents-off coupon makes a product the least expensive brand, the WIC customer may choose that brand.

■ WIC customers may never receive cash refunds, gift cards, change, rain checks, or IOUs in exchange for a WIC EBT card or food/formula obtained with a WIC EBT card. WIC customers are not to exchange foods obtained with a WIC EBT card, except for exchanges of an identical item when the original item is defective, spoiled, or outdated. Baby formula purchased with a WIC EBT card may not be exchanged for another brand or type of formula. Formula can only be exchanged for a different brand or type at the WIC office. WIC customers can be taken off of the WIC program for selling WIC foods or trying to get a cash refund for WIC foods. This includes selling on eBay, Craigslist, other websites or in person.

Smart Shopping with your WIC EBT Card

EBT stands for **Electronic Benefits Transfer**. EBT is a simple, secure, and convenient way to buy your WIC foods. All of the foods for your family will be together on one card. There will be a begin date and end date to buy your family's food each month. You can choose how little or how much you want to buy each time you go grocery shopping with your WIC EBT card. Make sure you buy all of the foods on your shopping list within the allowed dates. Benefits will be in your food account at 12:00 midnight on the beginning date and will expire at 12:00 midnight on the ending date.

In the WIC Office

You will receive your WIC EBT card. To use your new EBT card, you will need to have a 4-digit secret code called a PIN which stands for Personal Identification Number. WIC staff will give you information about how to set up your PIN. When choosing a PIN, choose 4 numbers that are easy for you to remember, but hard for someone else to figure out. Don't write down your PIN on the EBT card. Keep your PIN a secret.

You will receive a Florida WIC EBT Shopping List. The shopping list shows all of your family's WIC foods for each month.

You will receive a list of stores where you can use your WIC EBT card.

In the Check-Out Line

- Tell the cashier that you will be using a WIC EBT card.
- Give the cashier any coupons.
- Some stores may tell you to separate your WIC foods from other foods.
- Then the cashier will tell you when to swipe your EBT card and when to enter your PIN. Note: Once you swipe your card and select "yes," the transaction cannot be canceled or voided.
- The cashier will then give you a receipt.
- The receipt will tell you what foods you bought with your WIC EBT card and what foods you have left on your card.

Returning to the WIC Office

- Keep your WIC EBT card and bring it with you each time you come to the WIC office.
- You will get your WIC foods for each month put on the same card.

Take Care of your WIC EBT Card

- DO NOT write your PIN on your card.
- DO NOT keep your PIN in your purse or wallet.
- DO NOT give your PIN to anyone that you do not want to use your card.
- DO NOT bend your card.
- DO NOT place your card in direct sunlight, such as on a car's dashboard.
- Keep your card safe and clean.
- Keep your card away from items such as magnets, cell phones, TVs, and microwaves.

What should I do if my card is lost or stolen?

Call **Customer Service** at **1.866.629.1095**. Then you will need to contact your local WIC office about getting a replacement card. If you lose your card, the card will no longer be able to be used even if you find it later.

What if I enter the wrong PIN?

DO NOT try to guess your PIN. If the correct PIN is not entered on the third try, your PIN will be locked. This is done as a protection from someone guessing your PIN and getting your food benefits. You will have to wait until after 12:00 midnight for your account to unlock to try again.

What should I do if someone finds out my PIN?

If someone has your PIN who should not have it, immediately call **Customer Service** at **1.866.629.1095** and change your PIN.

How will I know my food account balance?

The receipt from every purchase shows the balance, so the easiest way to know your account balance is to **keep your receipt**. If you don't have your last receipt, get your balance from **Customer Service** at **1.866.629.1095** or go to the WIC EBT website at **www.FloridaWIC.org** or from a WIC EBT **Point-of-Sale (POS)** machine. You should always check the amount of approved foods remaining before you shop.

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.